

A day in the life of Juliana and Collins

5am

Juliana wakes very early and starts her day by sweeping the compound of their house. She tidies the house and starts on household chores such as washing the children's dresses for the next day.

8am

Miracle (9) and Mary (6) wake up and Juliana washes them and helps them to get ready for school. They both go to the primary school in Apoyiase village so they can walk to school easily. Their eldest daughter, Abigail, is 12, and must stay with Collins' sister in Obuase where she attends the Adanse High International School. Her father tries to visit her most weekends.

After a quick breakfast of Ampesei (cooked plantain with sauce) the girls are off to school and Collins and Juliana leave for the three-mile walk to their cocoa farm.

**8am
to
2pm**

Juliana and Collins both spend most of their day working on the cocoa farm. They must weed and tend the ground if it is the planting season or work hard harvesting the yellow cocoa pods, cutting them from the trees and scooping out the cocoa beans inside, then wrapping them in plantain leaves to ferment for five days.

Their farm is 10 acres of cocoa trees, which grow in the style of an orchard, with plenty of space between trees and taller trees providing essential shade for the cocoa trees. Ducking under the branches in the farm, it is quiet, still and shady – footsteps are muffled by layers of browning cocoa leaves and they step around piles of blackened husks of empty pods.

2pm

The children are now back from school and play in the village – the young girls like to play a fast and furious handclapping game called 'Ampe'. Meanwhile, Juliana starts preparing the day's food on a wood fire – they might eat plantains or Red-Red (a mixture of smoked fish and beans together with fried plantain). She collects water from the village well – on average she will visit the well six times a day to collect water. Each bucket of water collected is charged at 100 Cedis to assist in the upkeep of the well (which was paid for by the European Union).

After lunch and tidying up Juliana walks for a mile along the forest tracks to reach their vegetable garden. Here she grows okra, tomatoes, yam and onions for the family to eat and also sells some in the market if she can.

4pm

Juliana returns home and starts the chores for making supper – collecting water, lighting the fire and cooking up vegetables from the garden. The family eats together in the early evening.